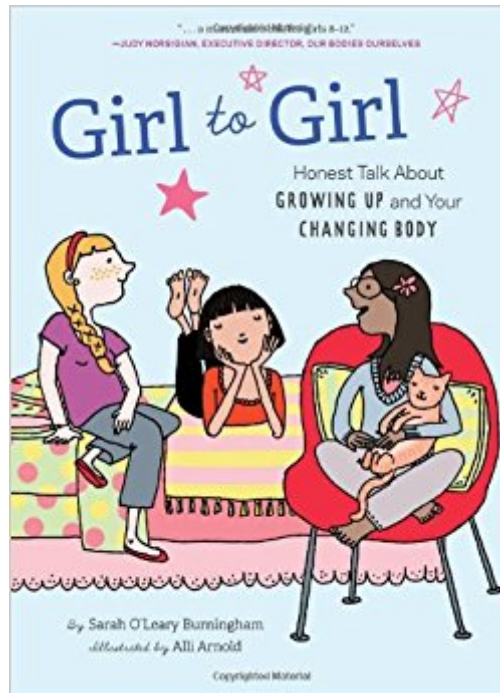


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# Girl To Girl: Honest Talk About Growing Up And Your Changing Body



## Synopsis

Being a girl isn't always easy, and growing up is far from a walk in the park. This time of transition is particularly confusing without a confidante to help. Meet Sarah O'Leary Burningham, a real-life big sister here to coach preteens through all of life's big moments, from first bras to first periods. Filled with letters and testimonials from real girls as well as confidence-boosting advice and myth-busting sidebars this fun, accessible, and highly visual book is a must-have for every girl navigating her way through the preteen years.

## Book Information

Paperback: 136 pages

Publisher: Chronicle Books (November 26, 2013)

Language: English

ISBN-10: 1452102422

ISBN-13: 978-1452102429

Product Dimensions: 7.5 x 0.5 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (36 customer reviews)

Best Sellers Rank: #108,488 in Books (See Top 100 in Books) #28 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #849 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

I would suggest this book more for girls just beginning the puberty process, just developing breasts, not starting their cycles yet, but wanting to learn about what's to come. Great for early bloomers who are not emotionally ready for books that discuss a lot about sex, boys etc., there is NONE of that in here. There is a great section on breast development and bras, the section on periods focused more on how girls would feel, what to expect, how to care for themselves, gave a great overview on pads, tampons, liners, etc. good job being informative in easy to understand writing style without being scary. Also nice chapters on acne, shaving, generally how bodies change. Overall, great book for younger girls, a first level intro book, yes, you will probably need something a little more comprehensive once your daughter actually starts her cycles and has more questions, but this is a book you can feel safe giving your 8 or 9 year old to read that it will not totally freak her out! Just

what I was looking for...

Can I just thank you for writing a book as informative as it is cute??? This was just what I needed for my daughter. It is the PERFECT tool for discussing important, but sometimes awkward, things that relate to puberty! We have had so much fun reading this book together! It is so easy to read and jump from chapter to chapter as we face different "puberty landmarks". This book is a must have for anyone with girls ages 8-12. So tastefully done!!! Thank you!

Why is Girl to Girl my favorite book?? I have read many books over the years that seek to educate young teens or tweens about their changing body. Some are rather cutesy woots and don't provide the needed facts or right tone, others are way to droll and would probably not get read beyond the first chapter. This book, however, includes topics that girls really want to know about and it does it in a fun and reassuring way. Along with that, there are illustrations, easy to use charts and information that will address even the most sensitive questions. Some of the topics in the book include: Finding the right bra, how to handle your period, creating healthy habits, and pierced ears and nail care. Of importance, is that there are medical and health experts who are resources and who endorse the book. What sets Girl to Girl apart for me is that it is an actual book that can be read, saved and referenced anytime, anywhere and anyplace. Also, I really like the way that the author, Sarah O'Leary Burningham becomes the big sister, the best friend and the knowledgeable, trusted expert all rolled into one. It is obvious that she understands the trials and tribulations that teens today experience and knows how to relate. Disclosure: I am quoted in the book. Yep, ElaineR.N. is one of the sources of information used in the book. You can find my nurse wisdom in the chapter focused on menstruation and product use. Before you roll your eyes and say that is why I like the book - know that I have been quoted in books before. This book is special in the way that it connects with girls and serves as a spirited guide through challenging times. I have purchased the book for my own granddaughters for future use. In fact, I got them each their own copy. They are only seven, but by the time they are nine they will be ready for the information. And, this is the book I want them to have.

Full disclosure: I know the author. But I absolutely would not write a review of this book if I didn't love it. It's fun and conversational and has great illustrations -- but it also covers topics that are so sensitive to girls in such a real, true way (for example, in the section about developing breasts, she offers advice on both how to deal with being an "early bird" and how to handle being a late bloomer

-- so great). The voice is spot-on perfect: Not condescending in the least, no sugar-coating, not fake or overly earnest -- just honest, straightforward and friendly. The "Sarah's Tips" are fantastic, so interesting (I learned a lot from them, and I am WAY past the age range of this book!), and I love the MythBusters and the amazing advice from "A Girl Who's Been There." I also love the way beauty is covered. Sarah handles issues around makeup, hair care, grooming, etc. -- but it isn't giggly like so many magazine articles, and these topics aren't over-emphasized so that a girl would read it and think looks are all that matter. The whole book is designed to help girls feel better about and more comfortable with themselves, and that really comes through. Even embarrassing topics (periods, body odor) are covered in an upfront way that takes the cringe out of them. Plus, Girl to Girl is honestly fun to read. Because I know Sarah I can say that she is one of the kindest, warmest, smartest and most sensitive people you can imagine -- the perfect person to write a book like this. I know she put her giant heart and abundant brains into this book, and it shows. When my own daughter is old enough, I will be giving her all of Sarah's books, guaranteed.

I bought this for my 12 year old daughter. She has been curious about puberty and how people change and develop. I went through the book before I gave it to her and found it very appropriate in tone and subject matter. It mentions bras, braces, bodily hygiene, and how to shave and insert tampons. The pictures are illustrated in a clear, easy to understand manner. I feel this is age appropriate for girls at least 10 years of age. Very pleased with this book.

This book does a great job taking sensitive, possibly embarrassing material and making it matter-of-face. My 9 year old and I have had some really good discussions after reading sections of this book and it has helped guide me on how in-depth some of my answers should (or shouldn't) be.

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